



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 35153, Fish, salmon, king (chinook), raw (Alaska Native)

Report Date: July 16, 2017 02:53 EDT

Nutrient values and weights are for edible portion.

Food Group : American Indian/Alaska Native Foods

Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error
Proximates				
Water ¹	g	65.96	2	--
Energy	kcal	187	--	--
Energy	kJ	781	--	--
Protein ¹	g	20.25	2	--
Total lipid (fat) ¹	g	11.73	2	--
Ash ¹	g	1.25	1	--
Carbohydrate, by difference	g	0.00	--	--
Fiber, total dietary	g	0.0	--	--
Sugars, total	g	0.00	--	--
Sucrose	g	0.00	--	--
Glucose (dextrose)	g	0.00	--	--
Fructose	g	0.00	--	--
Lactose	g	0.00	--	--
Maltose	g	0.00	--	--
Galactose	g	0.00	--	--
Starch	g	0.00	--	--
Minerals				
Calcium, Ca ¹	mg	42	2	--
Iron, Fe ¹	mg	0.79	2	--
Magnesium, Mg ¹	mg	24	1	--
Phosphorus, P ¹	mg	208	2	--
Potassium, K ¹	mg	370	1	--

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error
Sodium, Na ¹	mg	48	1	--
Zinc, Zn ¹	mg	0.52	1	--
Selenium, Se ¹	μg	31.0	1	--
Vitamins				
Vitamin C, total ascorbic acid ¹	mg	0.0	1	--
Thiamin ¹	mg	0.161	1	--
Riboflavin ¹	mg	0.169	2	--
Niacin ¹	mg	8.415	2	--
Pantothenic acid ¹	mg	0.987	1	--
Vitamin B-6 ¹	mg	0.271	1	--
Folate, total ¹	μg	15	1	--
Folate, food	μg	15	1	--
Vitamin B-12 ¹	μg	7.38	1	--
Vitamin B-12, added	μg	0.00	--	--
Vitamin A, RAE	μg	136	--	--
Retinol	μg	136	--	--
Carotene, beta	μg	0	--	--
Carotene, alpha	μg	0	--	--
Cryptoxanthin, beta	μg	0	--	--
Vitamin A, IU	IU	453	--	--
Lycopene	μg	0	--	--
Lutein + zeaxanthin	μg	0	--	--
Vitamin E (alpha-tocopherol) ¹	mg	1.49	1	--
Vitamin E, added	mg	0.00	--	--
Tocopherol, beta ¹	mg	0.01	1	--
Tocopherol, gamma ¹	mg	0.03	1	--
Tocopherol, delta ¹	mg	0.00	1	--
Vitamin K (phylloquinone) ¹	μg	0.3	1	--
Lipids				
Fatty acids, total saturated	g	1.870	--	--
8:0 ¹	g	0.000	1	--
10:0 ¹	g	0.000	1	--

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error
12:0 ¹	g	0.000	1	--
14:0 ¹	g	0.300	1	--
15:0 ¹	g	0.020	1	--
16:0 ¹	g	1.230	1	--
17:0 ¹	g	0.020	1	--
18:0 ¹	g	0.290	1	--
20:0 ¹	g	0.010	1	--
22:0 ¹	g	0.000	1	--
24:0 ¹	g	0.000	1	--
Fatty acids, total monounsaturated	g	4.090	--	--
14:1 ¹	g	0.010	1	--
15:1 ¹	g	0.000	1	--
16:1 undifferentiated ¹	g	0.550	1	--
17:1 ¹	g	0.020	1	--
18:1 undifferentiated ¹	g	2.100	1	--
20:1 ¹	g	0.760	1	--
22:1 undifferentiated ¹	g	0.580	1	--
24:1 c ¹	g	0.070	1	--
Fatty acids, total polyunsaturated	g	1.599	--	--
18:2 undifferentiated ¹	g	0.090	1	--
18:3 undifferentiated ¹	g	0.070	1	--
18:4 ¹	g	0.050	1	--
20:2 n-6 c,c ¹	g	0.020	1	--
20:3 undifferentiated ¹	g	0.000	1	--
20:4 undifferentiated ¹	g	0.080	1	--
20:5 n-3 (EPA) ¹	g	0.440	1	--
21:5 ¹	g	0.020	1	--
22:4 ¹	g	0.000	1	--
22:5 n-3 (DPA) ¹	g	0.120	1	--
22:6 n-3 (DHA) ¹	g	0.710	1	--
Cholesterol ¹	mg	61	1	--
Amino Acids				

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error
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Other

Alcohol, ethyl	g	0.0	--	--
Caffeine	mg	0	--	--
Theobromine	mg	0	--	--

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 8c, 2004 Beltsville MD